

No Fighting ... No War !

Real freedom comes from seeing the constant

push and pull of life without preferences !

To want the present moment to be anything other than it is, is fighting reality !

The war against the moment is the cause

of great pain and sorrow.

Imagination and illusion clouded by craving is war.

Impatience, anxiety, fear, wanting and hatred is war too !

To be in harmony with the Dhamma of the moment

means to lovingly-accept whatever presents itself then relax both body and mind !

This is an act of pure being...

An act of being pure.